

## Symposium

📅 2025年9月25日(木) 16:25 ~ 17:55 🏢 Session Room 3 (Large Hall A)

**[Symposium 16] Cultural Adaptations of Psychotherapies-A Symposium  
Sponsored by the World Federation for Psychotherapy**

Moderator: César A. Alfonso (World Federation for Psychotherapy, President), Norman Sartorius (Advisor to the Board of Directors, World Federation for Psychotherapy)

[SY-16]

Cultural Adaptations of Psychotherapies-A Symposium Sponsored by the World Federation for Psychotherapy

César A. Alfonso<sup>1</sup>, Alma Jimenez<sup>2</sup>, Nik Ruzyanei Nik Jaafar<sup>3</sup>, David Teo Choon Liang<sup>4</sup>, Chaimaa Aroui<sup>5</sup> (1.World Federation for Psychotherapy, President(United States of America), 2.World Federation for Psychotherapy, Secretary General(Philippines), 3.National University of Malaysia, Professor(Malaysia), 4.World Psychiatric Association Psychotherapy Section, Secretary(Singapore), 5.Hassan 2 Hospital, Consultant Psychiatrist(Morocco))

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[SY-16-01]

Culturally Responsive Psychotherapy: Integrating Collectivist Values for Enhanced Mental Health Care

\*Alma Lucindo Jimenez<sup>1,2</sup> (1.World Federation for Psychotherapy(Switzerland), 2.Dept. of Psychiatry & Behavioral Medicine, Philippine General Hospital, Univ. of the Philippines (Philippines))

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[SY-16-02]

Teaching Cultural Adaptations of Evidence-Based Therapies to Psychiatric Residents in Malaysia

\*Nik Ruzyanei Nik Jaafar (Hospital Canselor Tuanku Muhriz(Malaysia))

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[SY-16-03]

Integrating Religion and Spirituality to Culturally Adapt Psychotherapies – A Singapore Experience

\*David Choon Liang Teo (Connections MindHealth, Novena Medical Centre(Singapore))

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[SY-16-04]

Navigating Cultural and Religious Prohibitions in Psychotherapy Treatments with Muslim Patients

\*Chaimaa Aroui (Hassan 2 Hospital(Morocco))

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キーワード : psychotherapy、 cultural adaptations、 religion、 spirituality、 training

With increasing diversity in the population, it is essential to cultivate a deeper understanding of cultural aspects that shape the psychotherapeutic experience. This symposium gathers experts to discuss cultural adaptations of psychotherapy. Jimenez addresses the prevailing structure, values, and mental health beliefs in collectivist cultures. She defines culture-specific adaptations in the content and process of psychotherapy. Local adaptations in psychotherapy should balance promoting psychotherapy's acceptability and fidelity to core principles, and ultimately, effectiveness. Ruzyanei discusses how training psychiatric residents in Malaysia to culturally adapt evidence-based therapies is crucial for ensuring therapeutic interventions that are efficient and respectful. Cultural adaptation requires knowledge and skills of being culturally aware, humble, and competent. Teo discusses how in Singapore spirituality and religion can play a significant role in shaping individual and collective worldviews and, in turn, patients' attitudes toward mental illness and treatment. Integrating spiritual/religious inquiry into psychotherapeutic frameworks can enhance the treatment relationship, cultural relevance and therapeutic effectiveness. Aroui addresses numerous constraints that impact mental health care within the Muslim community, with cultural and religious prohibitions being among the most significant to consider. She provides clinical recommendations to process adversities encountered in this context, attending to gender, community dynamics, religious practices, confidentiality and family honor. Avoiding stigmatization and creating a safe, culturally adapted space and respectful communication style are essential for providing competent treatment.

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### [SY-16-01] Culturally Responsive Psychotherapy: Integrating Collectivist Values for Enhanced Mental Health Care

\*Alma Lucindo Jimenez<sup>1,2</sup> (1.World Federation for Psychotherapy(Switzerland), 2.Dept. of Psychiatry & Behavioral Medicine, Philippine General Hospital, Univ. of the Philippines (Philippines))

キーワード：Culturally responsive psychotherapy、Collectivist Values、Enhanced mental health、Psychotherapy

Psychotherapy, traditionally based on Western individualistic paradigms, often conflicts with the values of collectivist societies, where interdependence, family harmony, and social roles shape identity and well-being. This lecture explores the necessity of adapting psychotherapy for collectivist cultures. It highlights key cultural influences on mental health beliefs, treatment-seeking behaviors, and therapeutic dynamics. The discussion covers culturally relevant modifications in therapeutic communication, relational framing, family involvement, boundary-setting, and the therapist-client relationship. While adaptations ensure psychotherapy's acceptability and effectiveness, maintaining fidelity to core theoretical principles remains crucial. Drawing from recent research on cross-cultural psychotherapy, this lecture emphasizes evidence-based strategies that enhance therapeutic engagement while preserving the integrity of psychotherapeutic frameworks. By integrating cultural values into psychotherapy, clinicians can foster better therapeutic alliances and outcomes in collectivist societies, ultimately contributing to more inclusive global mental health practices.

#### References

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### **[SY-16-02] Teaching Cultural Adaptations of Evidence-Based Therapies to Psychiatric Residents in Malaysia**

\*Nik Ruzyanei Nik Jaafar (Hospital Canselor Tuanku Muhriz(Malaysia))

キーワード：Cultural psychiatry、nik ruzyanei、teaching cultural adaptation

The training of cultural adaptations of evidence-based therapies (EBTs) for psychiatric residents in multiethnic Malaysia is essential for ensuring that therapeutic interventions are both effective and culturally respectful. Malaysia's rich diversity encompassing myriad ethnicities, languages, and belief systems, that implementing standardized therapeutic models without adaptation may inadvertently overlook cultural considerations that influence mental health treatment. As such, cultural adaptation in psychotherapy is not only about modifying therapeutic techniques but also about fostering culturally sensitive, competent, and contextually relevant practices. This process requires both an understanding of the multidimensional aspects of culture and integrating these insights into clinical practice.

Teaching cultural adaptations to psychiatric residents must focus on enhancing cultural awareness and competence with the necessary skills. This includes providing residents with the abilities to recognize and respect cultural differences in their therapeutic approach, while maintaining the essential principles of evidence-based therapies. Practical strategies, such as using case vignettes and role-playing scenarios, allow residents to practice these adaptations in a safe, supportive environment. An important exercise is reflective feedback which facilitates self-awareness and deeper understanding of how cultural factors contribute to the therapeutic process.

Furthermore, a collaborative approach by means of engaging community leaders is essential to ensure meaningful adaptations based on the societal values. These give the added benefit of developing residents' leadership skills, in learning to work with miscellaneous groups and incorporate their perspectives into therapeutic decision-making. Moreover, the training process becomes more integrated with the broader social context, ultimately refining the relevance and effectiveness of psychotherapeutic interventions in a multiethnic society.

In conclusion, the cultural adaptation of evidence-based therapies is a crucial component of psychiatric training in Malaysia. By emphasizing cultural competence and promoting collaborative learning, psychiatric residents can meet the needs of the diverse populations they serve, leading to effective and respectful psychotherapeutic care.

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### **[SY-16-03] Integrating Religion and Spirituality to Culturally Adapt Psychotherapies – A Singapore Experience**

\*David Choon Liang Teo (Connections MindHealth, Novena Medical Centre(Singapore))

キーワード：Spirituality、Religion、Culture、Psychiatry、Psychotherapy

Spirituality and religion profoundly influence personal identity, coping mechanisms, and attitudes toward mental health across diverse cultures. Integrating these dimensions into psychotherapy can enhance cultural relevance and therapeutic effectiveness, as seen in multicultural societies like Singapore

This presentation explores incorporating spiritual inquiry into therapy, examining how religious beliefs shape experiences of distress, resilience, and healing. Practical techniques include exploring faith-based coping, meaning-making narratives, and collaborating with spiritual leaders to foster support and understanding.

Balancing respect for diverse beliefs with core psychotherapeutic principles is essential. Therapists must approach these conversations with cultural humility, recognizing spirituality as a resource for healing. This culturally attuned framework strengthens the therapeutic alliance and empowers patients to integrate their spiritual identity into recovery.

By embracing spirituality and religion as meaningful facets of human experience, psychotherapy becomes more inclusive, resonant, and impactful in Singapore's diverse cultural landscape.

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### **[SY-16-04] Navigating Cultural and Religious Prohibitions in Psychotherapy Treatments with Muslim Patients**

\*Chaimaa Aroui (Hassan 2 Hospital(Morocco))

Globalisation fostering cultural exchange has affected ethnic diversity in the population making it essential for mental health professionals to cultivate a deeper understanding of the cultural, religious, and social aspects that shape the therapeutic experience for various communities, including Muslim patients. Numerous constraints impact mental health care within this community, with cultural and religious prohibitions being among the most significant to consider. In fact, in Islam culture and religion are closely intertwined as while religion provides a framework for practices, culture shapes the context and manner they are expressed. It is also important to keep in mind that a large proportion of the community still sees mental issues through a lens filled with sin, shame and guilt posing challenges for non-judgmental clinical support. Addressing the adversities encountered in this specific context, special attention should be given to gender, family and community dynamics, religious practices and flexibility but also confidentiality and family honour. Religious expressions and cultural habits are to be distinguished from symptoms of mental illness to allow efficiency of the interventions. Also, avoiding stigmatization and creating a safe, culturally adapted space and a respectful communication style are essential for providing competent effective treatment. Tailoring psychotherapy for Muslim patients requires an inclusion of their religious beliefs, cultural values, and family dynamics into the therapeutic framework. A culturally sensitive approach, grounded in respect and a deep understanding of how Islamic teachings impact mental health issues, is essential for an effective therapeutic process.